

EXERCISE SCIENCE (EXSC)

EXSC 750 Advanced Sport Biomechanics 3 Credit Hour(s)

Online Prerequisite: EXSC 665

This course provides knowledge on the application of mechanical principles to human movement with a focus on sport performance. Biomechanical principles will focus on analysis of sport performance with a focus on kinetics and kinematics.

Offered: Online

EXSC 760 Advanced Sport Performance Assessment and Programming 3 Credit Hour(s)

Online Prerequisite: EXSC 665

This doctoral level course will emphasize theoretical foundations and practical experiences for the development of the training process to improve sport performance. Advanced strategies for developing, implementing, and assessing strength and conditioning programs will be examined.

Offered: Online